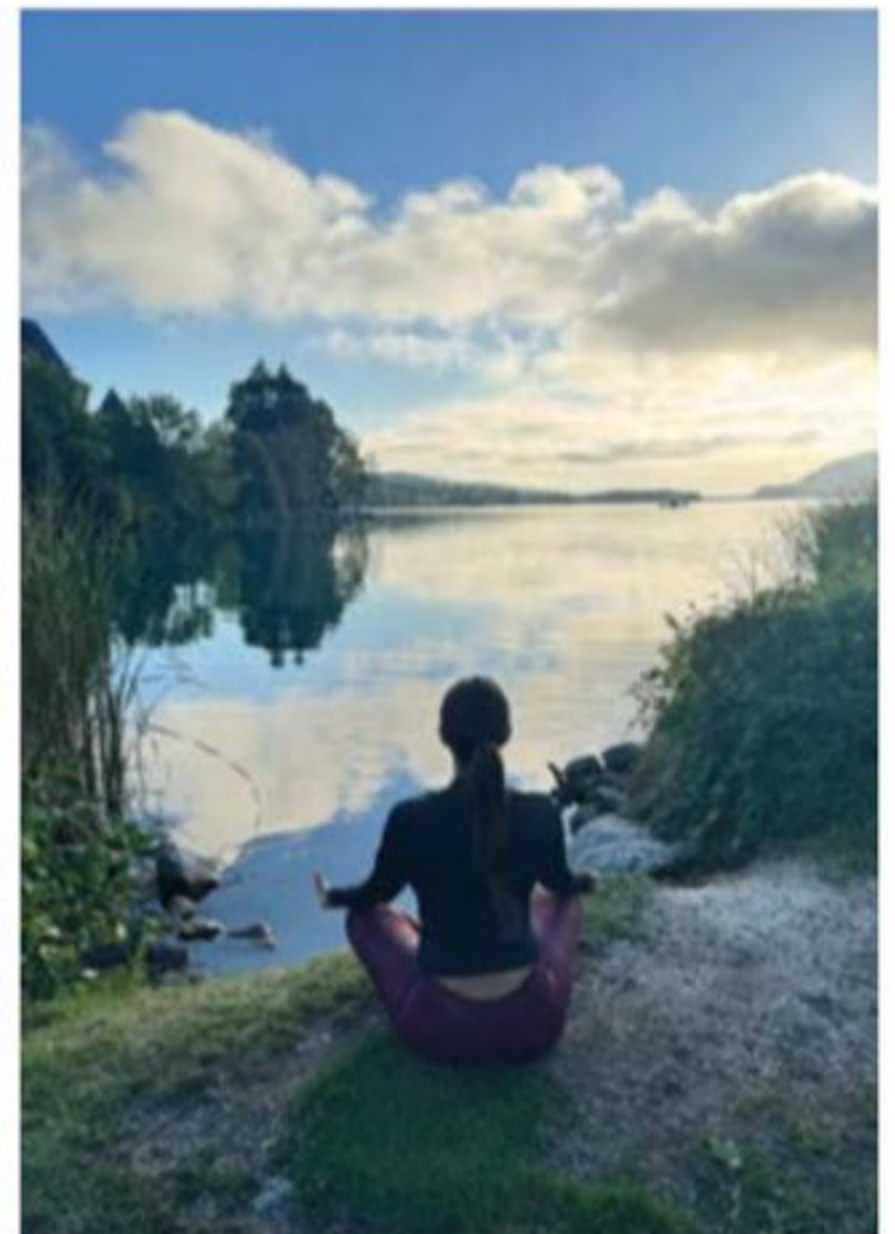


National Park is the best place to spot Bengal tigers, while places like Jawai and Jhalana in Rajasthan are ideal to spot leopards. The valleys in western Ladakh, around Kargil and Dras, have emerged as spots to observe Himalayan

Manana is famous for its elephant camps and parks.

The Americas: Wild at Heart: In Costa Rica, explore rainforests with howler monkeys, sloths,

year-old rainforest on the northwest tip of the island is known for its stunning natural surroundings, encounters with wildlife, and a pristine private beach.



IN SPOTLIGHT WELLNESS CENTRE

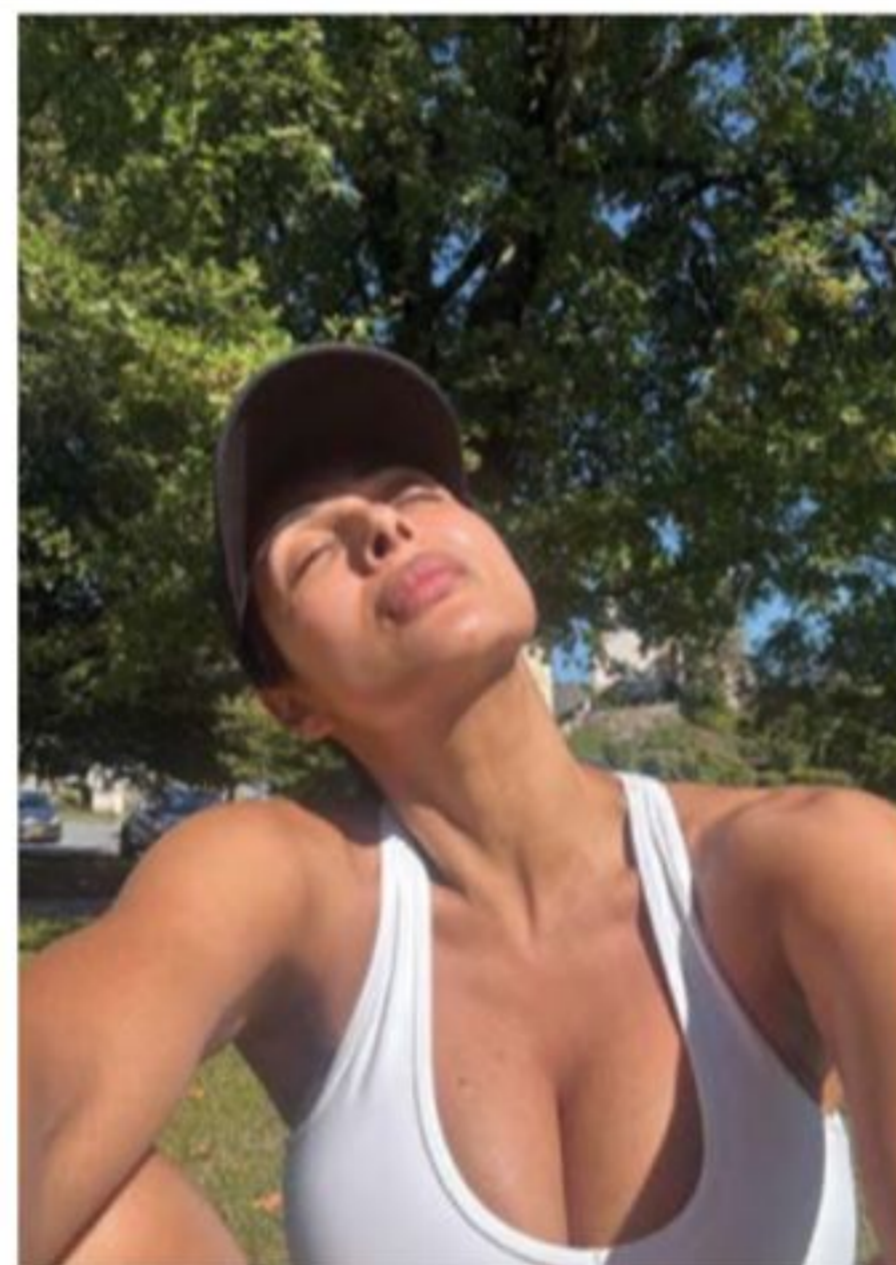
THE MAYR LIFESTYLE

MALAIKA ARORA FINDS WHAT TRUE INNER BALANCE FEELS LIKE AT VIVAMAYR MEDICAL HEALTH RESORT, AUSTRIA.

By Neha Mehrotra

“My first two days were difficult; my mind was still racing,” Malaika Arora candidly reveals about how she felt when she first arrived at VIVAMAYR Medical Health Resort at Lake Wörthersee, Austria. The luxury medical retreat, framed by breathtaking Alpine views, does that to you—it unsettles you at first and then teaches you to embrace a gentler rhythm towards your health and lifestyle.

At the heart of everything at this medical resort is the Mayr Cure, which focuses on the digestive system as the root to better health. “I chose Vivamayr because it’s the gold standard for inner wellness,” the actor confides. “Here, everything is about routine and intention. First, I gave up my phone, then started my mornings early with Epsom salts and spring water for intestinal cleansing, followed by a mindful breakfast where I had to follow the 40-chew rule! The rest of the day involved doctor’s check-ups, tailored treatments, and long, peaceful walks by the lake.”



The doctors at VIVAMAYR start your journey with a comprehensive initial examination. And from there, a personalised health plan is created for you, including treatments, therapies, exercise, and nutrition, depending if you need detoxification, weight regulation, mobility, disease prevention, stress management, or anything else. “Everything was personalised, but the core was the abdominal massage—it’s key to the Mayr detox,” she shares. “I also did various mineral IV infusions to replenish my body and calming therapies like craniosacral and acupuncture.”

Food is also treated here as medicine. Meals are crafted to optimise nutrient absorption, address intolerances, and restore acid-base balance. “The early days are challenging, but you start appreciating the power of simple, whole ingredients,” Malaika reflects. “I loved

the spelt bread and their clear vegetable broths—they were so nourishing.” The resort also encourages you to cut down on alcohol and caffeine, and increase water intake.

After a few days immersed in this holistic way of living, the transformation is undeniable. Malaika, who leads an incredibly fast-paced life, felt the change deeply. “Physically, I felt lighter and had a visible glow,” she says. “But the emotional change was the biggest win. My nervous system just hit the reset button. I feel more present and less stressed now.” It is this profound sense of renewal that defines the VIVAMAYR experience—a philosophy that goes beyond the stay. With its post-cure programme, VIVAMAYR at Home, guests can continue their journey with personalised plans, supplements, and virtual guidance, ensuring that wellness becomes a lifestyle, not a momentary retreat.